

## **Abstract**

This bachelor's thesis is focused on animal fat consumption of patients with cardiovascular disease (CVD) and diabetes mellitus (DM). Content of thesis is divided into theoretical and practical part.

The main objective of theoretical part is to provide a general description of lipids in terms of distribution, structure, characteristics and their role in human organism.

In the following chapters metabolism and transport of lipids is described with more attention to details.

The last part of theoretical part deals with animal fats in nutrition, mostly risk factors as a consequence of their increased consumption, and dietary measures as a prevention and therapy of CVD and DM.

The practical part of bachelor's thesis is based on assessment survey. The object of this survey was the evaluation of eating habits, mainly the measure of animal fats consumption of patients with CVD and DM. Next object of interest was the evaluation of awareness, knowledge and education these patients have about dietary measures in relation to their disease. Question about the way how are these measures followed by patients was also examined.

The survey was conducted in the diabetological center and also in the centre of preventive cardiology of General Teaching Hospital in Prague on patients with CVD and DM.

**Key words:** lipids, fatty acids, cholesterol, metabolism, diabetes mellitus, cardiovascular disease, risk factors, dietary measures